



September 2018



**At WEG the horses looked good,
Riders looked good, but
Unfortunately the day didn't
go according to plan**

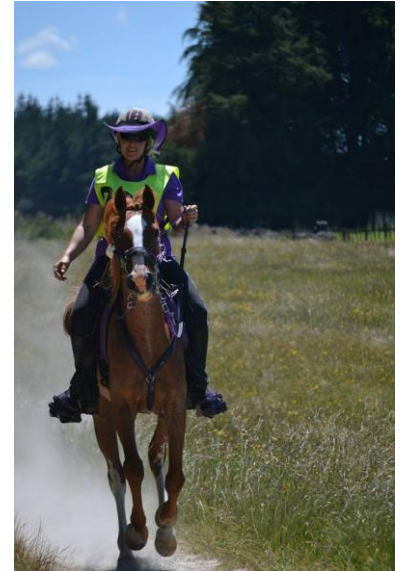


Editorial

Welcome to the 2018-19 season. It seems that its hardly stopped raining since our last rides of last season were being cancelled. Despite that the first few rides of this season seem to have turned on the weather and there have been miles of smiles all round up and down the country. Smiles however were not the order of the day in Tryon for WEG, and I'm sure we all feel for those dealing with the tragic news that had us all reeling when the news broke.

Over the winter we've also had other members overseas, including the Tevis Cup and the Mongol Derby. One member has been doing very well at mounted games. Heidi Bulfin has been in the UK gaining great experience as an FEI official and making great contacts. And throughout all, everyone has been recharging their batteries and desperately trying to get training time in to get the new season started. Officials courses have happened and the AGM in Palmerston North was enjoyed by all who attended.

Daryl Owen



ESNZ Endurance Board 2018

The Board for this year remains unchanged, with three members standing down and being reappointed uncontested. There has been a lot of work done already by the Board, this season with a submission having been sent with our ESNZ rep to the FEI regarding the proposed rule changes, and ongoing negotiations around this season's championship events. Our Sports Administrator Jo Lankow also did a sterling job of reentering several years worth of results to sort out a compatibility problem with the new database. The first thing the new Board did last year was work on the Strategic Plan for the sport. Many of the initial goals on this plan have already been accomplished and work will continue on the next stage as this season progresses. This is the first time in a number of years that we the same Board for a second term, so its great to have that consistency and to be able to get on with business right from the outset.

Terms of Reference are now in place for all subcommittees and the list of who is on each committee is available on the ESNZ website <https://www.nzequestrian.org.nz/disciplines/endurance-ctr/contacts/>

As always, the Board's job is to run the sport on behalf of the membership. If there is anything you would like addressed get hold of someone on the Board or the relevant subcommittee and we can all work together.

Upcoming rides

North Island 2018-2019

October

6-7 Wairarapa, Pirinoa

13-14

20-21 - Ruahine, Bulls

27-28

November

3-4 - Wairarapa, Tinui Forest

10-11

17-18 - Waikato, Paeroa

- Wairarapa, Matahiwi

South Island 2018-2019

October

6-7 - Canterbury

13-14 - Marlborough

20-21 - Nelson

27-28

November

3-4 - Canterbury

10-11 - Nelson

17-18 - Marlborough

- Mt Nimrod

World Equestrian Games, Tryon, USA

I'm sure almost everyone has seen or at least heard the news from WEG. Social media was awash with commentary, both positive and negative. The only ones who know all the facts are those who were there.

From the ESNZ website

Ugly End to Endurance Ride

The reduced endurance ride at the 2018 FEI World Equestrian Games dissolved into chaos this afternoon when it was cancelled with the leading riders having just come in from the third of four loops.

The very contentious call was a unanimous decision between the president of the ground jury, the technical delegate, the president of the veterinary commission and the organising committee, citing welfare of the horse as the key driver.

As the decision was announced, the crowd erupted, whistling and yelling their disgust, and running towards the fences surrounding the vet check areas. Calls for calm went largely ignored, with security and police quickly brought in.

New Zealand's two riders – Jenny Champion aboard Barak Obama and Philip Graham on Rosewood Bashir – who were on their second loop withdrew their horses before the decision was made.

Chef de mission Sarah Dalziell-Clout said it was a real credit to their horsemanship, recognising the conditions were just too tough. Jenny said her priority was to look after her horse. "He was really feeling the heat," she said. "We had already done 90km if you include the first loop this morning. It is a long way to come for this to happen."

She said the marking on the ride had been very good, but the track got very stodgy after a particularly heavy downpour. "It made it quite treacherous for horses and then when the sun came out it was so hot. I am disappointed, but I know I did the right thing."

Philip had not long passed Jenny when he too called the race. “We had a drink at a creek crossing and he just was not as responsive as usual. With heat and humidity like that, things were only going to go one way. I am just disappointed for the day and the event and the way it transpired. It is quite an historic day for endurance.” Philip said the 40km loop was very demanding even without the humidity. “We did the best we could.”

The president of the Veterinary Commission Thomas Timmons said the cancellation of the ride had been done with horse and athlete welfare in mind. “The conditions this afternoon after the rain resulted in extremely high levels of humidity and, combined with the rising heat, it was deemed unsafe to continue the ride.”

The planned 160km championship ride had not got off to the best of starts – this morning some teams were misdirected at the beginning of the ride and the competition was stopped at the first vet gate. By that time most riders had covered around 40kms. Organisers then restarted the ride as a 120km championship nearly five hours later. The FEI has tasked the independent Equestrian Community Integrity Unit with doing a full investigation how it all went so wrong. The investigation will include interviews with officials, volunteers, the organising committee and any other relevant personnel to provide a full picture of just what happened.

Chef d’équipe for the New Zealand endurance team Sue Reid said it had been a challenging start to the day. When the 160km ride was cancelled a petition was circulated calling for people to support horses and riders being flown to Europe for another shot at the championships. Eighteen of the 40 countries in the ride agreed, with two later withdrawing their support. New Zealand did not sign the petition.

“We worked for two years to get here,” said Sue, “there were just too many variables involved. The petition was very controversial.”

By Diana Dobson – NZ Team Media Liaison

Photos by Libby Law/ESNZ

Tragic News from NZ Camp at WEG

It with enormous regret that Equestrian Sports NZ announces the tragic news that in consultation with expert veterinary advice New Zealand endurance representative horse for the FEI World Equestrian Games, Barack Obama, has been euthanised today.

It is without doubt a devastating loss for the owner Mark Round, rider Jenny Champion and support crew Shane Dougan, John Stevenson and Kirstine Campbell who made the decision today.

Equestrian Sport NZ High Performance Director Sarah Dalziell-Clout said the entire team was devastated by the loss but none more so than those closest to the horse which had developed a kidney condition.

“Jenny and her team prepared the horse exceptionally. As with all NZ horses at WEG, Barack was under the best of care for more than 18 months prior to the games to ensure he was at optimum health,” said Mrs Dalziell-Clout. “He passed a comprehensive vet test prior to leaving NZ and was in good health leading into the race, passing the first two vet checks at the competition. Leading into the race the team vet Nick Page was confident the horse was race-ready.”

Mrs Dalziell-Clout described Jenny as a true horsewoman. She had felt something was not right with Barack, and pulled him up immediately, well before the race was cancelled. She sought medical assistance and the horse was treated as soon as possible.

“Our thoughts are with Mark, Jenny, Shane and John, Kirstine and the entire endurance community in NZ who will be devastated by the news,” said Mrs Dalziell-Clout.

The team would like to thank the vets at the Tryon Equine Hospital and on-site at the WEG venue, their care and advice was exceptional.

In accordance with FEI General Regulations a post mortem will be conducted and samples will be taken from the horse.

Social media was inundated with discussion threads for hours after the decision. One of the official photographers posted the following which was a really positive reaction to the day.

12 September, 2018- 9:05pm
World Equestrian Games Endurance

Tonight I will tell you a story; my story shared with images I took today on a very challenging course at the WEG endurance race in Tryon, NC. I could not leave this venue until I wrote this story. So I sit alone, in the media center and tell the equine world what I saw today.

Today I saw the heart of a sport that I love. I saw the soul of the horse in his effort to please man, and I saw the thrill of the victory in the effort that it took these horsemen and horsewomen to get to these Games. I saw the defeat of a race not finished. But yet, the race was finished in what I saw through my lens today. I saw camaraderie, I saw a spirit persevere between rider and horse that can only be attained by attempting to ride 100 miles in a day.

I saw crews working together from over 44 countries to obtain the same goal...to take care of the horse. I saw volunteers by the hundreds working all day for no pay to support a sport they love- or know nothing about. I saw veterinarians and FEI officials from many countries working together in the best interest of our friend the horse. And in the end, they had to make the ultimate decision to protect our friend the horse. So if you think the race was not won in Tryon my friend, I tell you it was, in what I saw today...

Becky Pearman- Photographer

AGM and Prizegiving

Congratulations to all trophy recipients at the AGM. These were all listed in the last Distance but its always a thrill to acknowledge longevity in the sport. Congratulations again to the Ireland team and Alshar Blue Levi for achieving 6000km. Consistency is what we all aim for, and achieving this milestone is a testament to that. Achieving Decade team is also about consistency. Congratulations again to Heidi Bulfin and Stonelea Sparkling Rose for being the latest additions to this list. Riding shorter distances it takes longer to achieve a higher career total in CTR. Congratulations to Jenna Underwood and Colarado Skye for reaching the 750km mark on the CTR Scroll of Merit. It was decided this year that the Arab Horse Breeders Society trophy for the top Endurance breeder of the year would be awarded by the NZAHBS instead of at the endurance AGM. Congratulations to Mike Bragg of Miro Stud for being awarded this trophy again.



This year awards were introduced for rider loyalty. This year these were awarded to Penny Valk, Vanessa Tiffen, Paula Kerr and Lucy Newton, who all entered 15 rides. Well done.

The full list of awards is available on the ESNZ website.

Much of the discussion was around the proposed changes to the FEI rules, specifically the proposed changes to standdown times. Jenny Weston has since done a lot of liaising with others around the world and put together the following submission on behalf of the Board. Other National Federations have also seen this and will be putting forward their own submissions. This submission will be sent with our representative to the FEI.

Board submission to FEI

20th August 2018

ESNZ Endurance Submission to the FEI on the Proposal for 2019 Modifications to the Endurance Rules

Thank you for the opportunity to provide comment on the proposed changes to the FEI Endurance Rules. We would like the ESNZ Submission on these rule changes to incorporate the following points.

We have no specific objections to the rule changes proposed that cover the following areas:

1. Phases in multi day competition
2. Update according to the Endurance Yellow Warning Card
3. Weights
4. New star rating
5. Age of horses
7. Athletes penalty points
9. Substitution of registered trainer
10. Update according to the new education system for endurance

We opposed the proposed changes to the Mandatory Rest Periods for the following reasons:

1. The proposal to increase all mandatory minimum rest periods for the distance completed by a further 7 days is based on incomplete data. Whilst we applaud the efforts of FEI and the researchers Euan Bennet and Tim Parkin of Glasgow University for attempting to define and then mitigate the risk factors for poor horse welfare outcomes, the database is limited in that it only includes results from CEI events. In most countries, horses will be competing in CEN events between each CEI competition entered and so the number of days between competitions will actually be significantly lower than it appears in the database for many of the horses. Therefore, modelling to predict the number of FTQs that could have been prevented is flawed as it assumes certain rest periods which are not correct. Based on New Zealand CEI results, it would appear that many horses had at least 60 days between competitions for the CEI rides at our North Island Championships (traditionally in the latter half of January) and our National Championships (always held at Easter so fluctuates between late March and late April). The reality is that pretty well all of those horses will have competed in CEN events between those two dates. Riders in many countries use CEN events as a training tool to improve and monitor their horse's fitness. Therefore, the database of results that was used to model the effect of increasing MRPs is incomplete so the outputs are flawed. These results could be applied if the MRPs only applied to the time between CEI competitions but the rules are imposed for both National and FEI events. We strongly urge the FEI to retain the current MRPs that are imposed according to how far the horse has progressed in the competition. We support the first category being changed to read "Cross start line to 46 km" 5 days as we agree that the word zero can be confusing and could include a horse which failed the pre-ride inspection or was withdrawn prior to the start of the event.

2. The results of the GEIS identified the following risk factors for FTQ, none of which were surprising and all are biologically plausible, particularly in events where the competition is viewed very much as a race rather than as an event to be qualified:

- * Male rider
- * Rider has previous FTQ MEs
- * Region
- * Proportionally more at 120 km distance
- * More entries in the class
- * Stallions
- * Horses older than 12
- * Average riding speed – esp. above 20 km/hr
- * Rest time (between competitions)
- * Result in previous ride

We acknowledge that the rules should be the same for all competitors and that it isn't possible to have different rules or MRPs for certain Groups or NFs. This means that some of these risk factors can't be addressed without being discriminatory. However, it would seem that some of these risk factors share a common theme – that of riding at higher speeds and being more competitive. Whilst acknowledging that pretty well all sports have winners and those who do not place so highly, it seems that a “win at all costs” mentality is becoming more prevalent in the sport of endurance and that it is the horses that are paying the price. Competition speed has clearly been shown to be a risk factor for FTQ and particularly for catastrophic injuries and yet efforts to protect horses that are competing at these speeds have not been implemented. We are dismayed to see that it is proposed to remove the rules which were to have been implemented as of 1 January 2019:

“In addition to the above mandatory rest period, 7 extra days of rest will be added to horses that reach average speeds of 20 km/hr or higher at completion.

This rest period will also apply to horses which do not complete the competition whose average speed of completed phases is 20 km/hr or higher”

We strongly urge the FEI to implement these rules as originally proposed. Results from the GEIS clearly showed that competing at a somewhat lower speed reduced both the likelihood of FTQ in that competition as well as FTQ in the following competition. These rules alone are unlikely to reduce the speed of competition for many of the winning horses but it would ensure that those horses have a longer minimum rest period before they are eligible to compete again.

3. In addition to the current rules around Mandatory Rest Periods, we would like FEI to consider correcting a current inconsistency. At the moment there is a mandatory MRP according to the distance covered in competition and further days added to that MRP for horses which are eliminated for gait and for horses which are eliminated on metabolics and that require immediate invasive treatment. It is our experience in New Zealand that the vast majority of horses which FTQ ME do not require immediate invasive treatment and so they get no additional MRP. In most instances, a horse that has FTQ ME has probably been pushed beyond its capabilities (either because it was ridden too far or too fast for its level of fitness or because there were external factors such as the difficulty of the terrain or the temperature / humidity which adversely affected the horse). We would very much like to see additional MRPs imposed on all horses which FTQ ME whether they require

treatment or not. Any horse which does require immediate invasive treatment should have further days added to their MRP.

4. We would like to propose a further addition to the rules around Mandatory Rest Periods and that is That for events entered of distances up to 46 km, that there be no mandatory minimum rest period applied if the distance completed is at a speed less than the FEI novice speed of 16 km/hr. Obviously this rule would only apply to CEN events but has been common in some NFs to offer rides on both days of a weekend and for competitors to ride the same horse on both days e.g. 20 + 20 km or 40 + 40 km. Although this is possible under the current rules as a multi day ride, this is not as attractive option for competitors who are developing their interest in the sport who might wish to ride 40 km on their horse, see how it goes and then enter to ride again on the next day if they think that their horse (and themselves!) are fit enough to do so.

Endurance as a sport is at a crossroads and there appears to be two distinct groups of competitors; the individuals and groups who are well-resourced, have multiple horses and riders who can compete when another is injured or on a stand-down and who aim to ride at high speeds to win. Contrast this with the relatively amateur sport that is happening in many NFs where riders have 1 or 2 horses that they train and compete themselves, CEN rides are generally used as training opportunities and are mostly completed at 12-14 km/hr even by Open horses and riders. The bad publicity associated with catastrophic injuries and the presence of banned or prohibited substances in horses in competition is making our sport less attractive to the casual rider who might be interested in riding longer distances with their horse. There are many alternatives to endurance with competitive trail riding, trekking and non-affiliated endurance sports increasingly popular in some countries. We need our rules to protect horses in competition but also not to be too onerous to understand or comply with.

At the moment, our national rules for ESNZ Endurance completely align with the FEI Endurance rules and we are happy with how that is working as the alignment of MRPs and other areas means that it is clear for riders what the rules are for competition and this reduces the chance of horses being incorrectly entered in events and then being ineligible to compete as happened recently with a GBR rider who was entered in the FEI European Endurance Championship for Young Riders. We would like to keep our national rules aligned with the FEI rules for clarity but we do not believe that an increase in the MRPs would be tenable for many of our CEN competitors who do not aspire to ride in CEI competitions. Our ride calendar is based mainly around competition weekends being a fortnight apart and some horses, extending the MRP for an 80 km ride to 19 days would mean fewer entries in each competition and fewer starts across the whole country, making Endurance even less financially viable as a sport than it already is.

Proposed changes to Article No. 815.3.8 regarding categorization of injuries

We have no particular concerns about introducing two other defined types of injuries other than the fact that it can be difficult to determine which category should be applied at the time of finalizing the results. The proposed categories are:

- * Catastrophic injury: an injury which, in the opinion of the Veterinary Commission, requires immediate euthanasia or contributes to the death of a Horse in Competition howsoever caused.

- * Severe injury: for fractures, colics or other injuries (e.g. tendons) that can be operated on or treated but where the horse is not likely to return to competition.

- * Medium injury: for fractures, colics or other injuries (e.g. tendons) that can be operated or treated and the horse may return to competition.

- * Minor injury: slight soreness or wound.

Many of our CEI competitions are conducted at locations where the veterinary hospital does not have the capacity to undertake ultrasound, radiography or other advanced imaging techniques therefore it is often not possible to determine the severity of the injury. Furthermore, cost constraints might affect the treatment options for the horse and biological factors mean that some horses which you would expect to be able to return to competition may not actually do so e.g. a mare may be retired to breeding following a relatively minor injury. The differentiation between medium injury and severe injury is likely to be particularly difficult when advanced imaging techniques are not available and a return to athletic performance can usually only be judged after some months spent in recovery.

Yours sincerely,

Mentoring and Development programme

This programme replaces the Development training programme that has been running for the last couple of years. It will focus on individual mentoring to help riders achieve their goals. Congratulations to those who have been selected on it. Gemma Acton and Charlie Brown, Deirdre Bartlett and Craig Royston Xmas Star, Sue Billigheimer and Ribbonwood Monet, Sean Trafford and Rivergum Dark Knight, Tessa Wells and Masada Park Maestro



The season thus far ...

Waikato club at Thornton - For Waikato's first ride of the season the weather turned on a stunning weekend. The tide was perfect for this beach ride and it was a very successful weekend of riding for the majority, with only one horse going out slightly lame at the end of their 40km – she'll be going back to the drawing board and working it out before the next ride I'm sure. The largest class for the day was the 20km



class. There were lots of new riders and many returning as well. CTR classes were competitively contested and there were miles of smiles all round.



(Photos by Kyle Hawkrigde)



Waikato's second ride was a return to Thornton Beach for an equally stunning weekend of riding. Saturday was mostly about novice riders. The weekend saw five riders successfully finish their first 40km rides, two of them also doing their first ever endurance ride. With two days of competition some were able to ride both days, while some crew were able to

take the opportunity to ride one day as well. Ruth Dawber claimed first place in front of Petra Paterson on Saturday, and second place behind Paula Adams on Sunday, with Mike Bragg in third. CTR riders were in the majority on Saturday. Heart rates largely sorted out the placings. Antoinette Arnott claimed first place in the 15km Novice CTR, ahead of Rachel Jessop in second and Georgina Lloyd in third. Rowan Redmond took the win in the 20km Intermediate CTR, with Rachel Mudge taking first place in Saturday's 20km Novice. The rest of the Mudge family followed up for the other placings, with Luciana, Paul and Tate claiming second, third and fourth. Kathy Roper successfully finished in 5th place, and then completed her first 40km endurance ride the following day. Sunday saw Louise Prastiti successfully finishing the 20km novice CTR as well.

Ruahine club at Scotts Ferry

Ruahine Endurance Club held their second beach ride at Scotts Ferry on Saturday 8th September. We were again very lucky with the weather despite about 5 days of rain and southerlies leading up to it. I think people were pleased to get out and ride somewhere there wasn't mud and we had very good entries again.



There were a total of 17 entries in the 40 km classes with Sandy Marshall and Jamila Two and Sacha Boyle on Ngapa Zircon being the only Intermediated riders (one senior, one junior; you guess which). The 40 km was completed between just under 3 hours up to 4 hours 20 minutes and all combinations at this distance successfully qualified. It was nice to have competitors travelling from Taumarunui and New Plymouth for the event and a shame that Tina Plastow couldn't make it over from Hawkes Bay due to the float being stuck in the paddock after all the rain – it's not often they get it worse than we do!

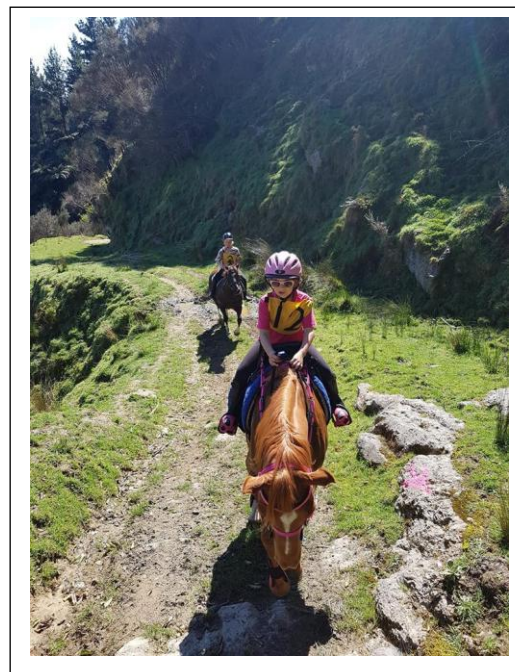
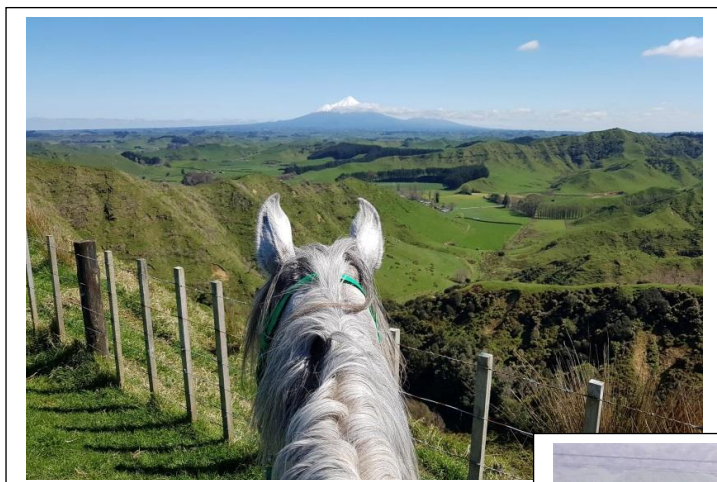


Paula Watson had her horse Tres Bein LS back out in competition after 12 months off with injury so she was pleased to see him get through with no problems. There were also a mix of baby horses and seasoned campaigners out for the event and even one of the vet student helpers got a short notice call-up to ride 40 km – she really enjoyed it and could still walk the next day I think.

There were 6 competitors in the 25 km distance and 12 managed the 10 km. We assiduously monitored our H&S responsibilities and had 3 riders have to fill out an incident report after falling off – horse tripped, horse shied, horse bucked..... Not sure how you can reduce the risk of these sorts of things occurring! There was one vet-out for lameness at the end of the day.

The next Ruahine event will be over Labour Weekend and also near Bulls and we will be offering a full range of classes up to 80 km.

Kohuratahi at Toko – Kohuratahi club also had a stunning weekend for their ride at Toko. 25 riders fronted up for the Kohuratahi Club's training ride at Toko. Clear skies provided perfect views of Mt Taranaki and Ruapehu for riders to enjoy at the top of some long slow climbs. Smiles all round at the end of the day with all but two competitors completing.



Mt Nimrod - Mt Nimrod have also had a great start to the season. Comments filched off their facebook page.

“Well another event for the club done & dusted & what a brilliant day it was. A special thank you to all the helpers, Lorna Humm, our vet, Sue Latta & Ian Gray for being officials (TD & GJ) & just stepping in & helping where needed with any jobs!! John Farnell for marking the track and organising the ride base. Danielle McKenzie for vet writing and general "dog's body worker", the wonderful Sooty & Emma for helping with the BBQ & donating food!! You 2 never cease to amaze us all with your generosity so thank you. Plus everyone who did a bit & offered help.



A very special thank you to David & Kate Acland, owners of Mt Somers Station. Your property is beautiful and we really appreciate the opportunity to ride over it and enjoy the wonderful scenery. The rider's comments & smiling faces say it all. Thank you so much. 🙏😊🐾

Their second ride of the season was return to Mayfield, in gleaming sunshine. From the photos it looked like there were a lot of juniors out and about. Great to see.

“Great easy ride and awesome riding buddies throughout the day. All through 100%, nice slow easy ride for start of season.” (Kylie Avery)

Canterbury

All sorts of awesome, all of you!

Thank you so much for joining us for the first Canterbury Competition of the Regular Season. A super turn out of around 60 riders was a great way to kick it off 😊)



It was so lovely to see so many people out there enjoying there horses and ponies, the kids that have started to pop up around the tracks are just so wonderful, thanks to Cathy, for capturing so much of that in your lovely photos.

The list of people who put so much into this event is pretty impressive, thank you all so much! Sooty and Emma, the beautiful food and everything you do is truly amazing! Marc and Deidre, what awesome hosts, noting was a problem thanks so much team 😊)

To the ground crew, JoAnna our incredible vet on Saturday, Debby, Heather, Chris, Kevin, Bronwyn, Dave, Vikki, Hannah, Lucy, Carmen, Penelope, Sue, Rena, Jenny and the massive Swain Crew! Thanks so much for keeping the two days running so well! A super special thank you to Linda Pettigrew, who jumped in and not only offered to be our First Aider on Saturday, but was happy to drive a pen too! Andrea Rigby for offering to send out the start times for the CTR, thank you so much! You are all amazing and we genuinely could not run these events without you!

To all the wonderful competitors, thanks so much for choosing to come along to our events we really enjoy having you all along and hope you had a wonderful time.

The next Canterbury Event is at the start of October, it is very likely it will be in the Selwyn District again, we will keep you up to date with it all and pop us some information shortly 😊:)

Nelson at Rabbit Island - The weather for this ride started off none too promising, with pouring rain and sideways wind. There was concern from some of the riders over the conditions, and talk of pulling out because of concerns over the conditions. As the TD finished checking the course however it turned out that the worst of the weather was at the ride base and out on track it was much better. As riders vetted their horses, the weather slowly cleared to reveal a nearly perfect Nelson day. We had 10 riders in total and some new faces who weren't put off by the trying start to the day. All 10 qualified which made for a successful day all round.

Competition , drugs and horses

Some years ago I wrote about the difficulties of determining whether that herbal remedy you're giving your horse is just a helpful supplement or does it actually contain a prohibited substance. At the time the FEI's list of prohibited substances was a long list of chemical names that (for me) bore little obvious relevance to the supplements being used. The database has improved an awful lot since then and is now very user friendly. Just put in the substance you want to know about and it will bring up the reference if its on the prohibited list. Often we hear about athletes (including horses) testing positive and it turning out to be a contamination or a source that the rider was unaware of. Ignorance is never an excuse and its not just for 'top level' competitors.

The Clean Sport rules apply to all levels of competition, whether you're doing a Novice 15km distance or a CEI 3* 160km. Drug testing can happen at any event and for any competitor. You can find out all the information you need to know on the ESNZ website.

FEI Prohibited Substances Database

The FEI publishes an 'Equine Prohibited Substances List' (EPSL). This enables Persons Responsible (PRs) to ensure that they are not treating or feeding horses with substances that are prohibited for use during competition and substances that are not permitted for use in the horse at any time.

Prohibited Substances are categorised as follows:

- **‘Banned Substances’** are substances that are deemed by the FEI to have no legitimate use in the competition horse and/or have a high potential for abuse. They are not permitted for use in the competition horse at any time.
- **‘Controlled Medication’** are substances that are deemed by the FEI to have therapeutic value and/or be commonly used in equine medicine. Controlled Medication have the potential to affect performance and/or be a welfare risk to the horse.

General Advice

Athletes and their support teams are strongly encouraged to work closely with their veterinarians when administering substances to horses.

The FEI has published a warning regarding the use of supplements (including herbal supplements) and products of which the ingredients are unknown. Any substances which affects the performance of a horse in a calming (tranquillising) or an energising (stimulant) manner and which contain a Prohibited Substance are forbidden. Athletes should also be aware that the use of a calming product during competition may also have important safety consequences.

<https://www.nzequestrian.org.nz/esnz/about-clean-sport/>

And finally ...

And on the subject of substances, I swear my horse has a carrot addiction. I wonder if that counts?

Happy trails everyone

